

<div> <div>December 2014</div> <div>Diabetes Program’s Group Exercise Classes</div> <div>Salt River Fitness Center & Salt River High School</div> <div>10005 E. Osborn Rd, Scottsdale AZ 85256</div> <div>Ph: 480-362-7320 (SR Fitness Center)/Ph: 480-362-7324 (Diabetes Program)</div> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div> <div>12:05pm-12:50pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> </div> <div> <div>6:30pm-7:30pm</div> <div>Senior Dance Class 55+ w/Roberta J.</div> </div> <div>  </div>	<div>2</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>SALT RIVER FITNESS CENTER</div> <div>CLOSED</div> <div>11:00am-2:30pm</div> <div>*Staff attending Employee Luncheon*</div> <div>Fitness Center</div> <div>reopen 2:30 pm</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Cardio Mix w/Rachel</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Rachel</div> </div>	<div>3</div> <div> <div>12:05pm-12:50pm</div> <div>HIIT Circuit w/Michelle</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> <div>  </div>	<div>4</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>11:05am-11:50am</div> <div>Spinning® w/Beverly</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>HIIT w/Rachel</div> </div> <div> <div>4:00pm-5:00pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® & Abs w/Michelle</div> </div>	<div>5</div> <div> <div>12:05pm-12:50pm</div> <div>Spinning® w/Beverly</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> <div>  </div>
<div>8</div> <div> <div>12:05pm-12:50pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> </div> <div>  </div>	<div>9</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Cardio Kickboxing w/Rachel</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Rachel</div> </div> <div>  </div>	<div>10</div> <div> <div>12:05pm-12:50pm</div> <div>HIIT Circuit w/Michelle</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> <div> <div>6:40pm-7:25pm</div> <div>Iron Flow Yoga w/Rachel</div> </div> <div>  </div>	<div>11</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>11:05am-11:50am</div> <div>Spinning® w/Beverly</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Abs, Gluts, Thighs w/Rachel</div> </div> <div> <div>4:00pm-5:00pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® & Abs w/Michelle</div> </div>	<div>12</div> <div> <div>12:05pm-12:50pm</div> <div>Spinning® w/Beverly</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> <div>  </div>
<div>15</div> <div> <div>12:05pm-12:50pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Circuit Training w/Michelle</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Annie</div> </div> <div>  </div>	<div>16</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Zumba® w/Rachel</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Rachel</div> </div> <div>  </div>	<div>17</div> <div> <div>12:05pm-12:50pm</div> <div>HIIT Circuit w/Michelle</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>5:30pm-7:00pm</div> <div>Zumba®</div> <div>Winter Wonderland w/Rachel & Annie</div> </div> <div>  </div>	<div>18</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Beverly</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>11:00am-12:00pm</div> <div>Fitness Center</div> <div>CLOSED</div> <div>Health Service’s Monthly Meeting</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Step & Pump w/Rachel</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>Iron Flow Yoga w/Rachel</div> </div> <div> <div>4:00pm-5:00pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>5:30pm-6:30pm</div> <div>NO CLASS</div> </div>	<div>19</div> <div> <div>12:05pm-12:50pm</div> <div>Spinning® w/Beverly</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Zumba® w/Rachel</div> </div> <div>  </div>
<div>22</div> <div> <div>12:05pm-12:50pm</div> <div>Core/Functional Training w/Braxton</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>NO CLASS</div> </div> <div> <div>5:30pm-6:30pm</div> <div>NO CLASS</div> </div>	<div>23</div> <div> <div>6:15am-7:00am</div> <div>Spinning® w/Rachel</div> </div> <div> <div>9:30am-10:00am</div> <div>YS EEP MOUSERCISE</div> </div> <div> <div>12:05pm-12:50pm</div> <div>Total Body Conditioning w/Dion</div> </div> <div> <div>Salt River High School Band room</div> <div>3:30pm-4:15pm</div> <div>NO CLASS</div> </div> <div> <div>5:30pm-6:30pm</div> <div>Spinning® w/Rachel</div> </div>	<div>24</div> <div> <div>12:05pm-12:50pm</div> <div>NO CLASS</div> </div> <div> <div>2:00pm-3:00pm</div> <div>Journey to Recovery’s YOGA</div> <div>*Private Class*</div> </div> <div> <div>5:30pm-6:30pm</div> <div>NO CLASS</div> </div> <div>  </div>	<div>25</div> <div> <div>Salt River Fitness</div> <div>CLOSED</div> </div> <div> <div>Christmas Day</div> <div>  </div> </div>	<div>26</div> <div> <div>Salt River Fitness</div> <div>CLOSED</div> </div> <div> <div>Tribal Office Closed</div> <div> <div>On vacation</div>  </div> </div>
<div>29</div> <div> <div>NO GROUP EXERCISE CLASSES</div> </div>	<div>30</div> <div> <div>NO GROUP EXERCISE CLASSES</div> </div>	<div>31</div> <div> <div>NO GROUP EXERCISE CLASSES</div> </div>	<div>January 1, 2015</div> <div> <div>HAPPY NEW YEAR</div> <div>FITNESS CENTER</div> <div>CLOSED</div> </div>	<div>January 2, 2015</div> <div> <div>NO GROUP EXERCISE CLASSES</div> </div>

The Salt River Fitness Center is OPEN to SRPMIC enrolled members and their family, residents, SRPMIC tribal employees, and SRPMIC Enterprises employees (Casino AZ, Talking Stick Resort, DEVCO, Landfill, Material Group, Saddleback, Salt River Fields), Agate, SRPMIC Boys & Girls Club(Red Mnt./Lehi). All participants must fill out our Health History Form prior to using the facility or participating in group exercise classes. Fitness Staff may request a medical clearance for those whom have multiple health conditions, such as, Diabetes, High Blood Pressure, Heart Disease and etc.

Class Descriptions:

BASIC YOGA: The basic yoga class will be done at a gentle pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life.



CORE/FUNCTIONAL TRAINING: The focus will be on the upper and lower abs, oblique, and back muscles, muscular slings used in functional movement, as well as the hips and gluts to develop better balance. This class will assist in balance, agility and strength for an overall fitness. All levels of fitness.



circuit/interval setting.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

IRON FLOW YOGA: This class will take you through yoga poses while incorporating the uses of light hand-weights. A slow, flowing workout done to relaxing music. The result: The yoga yields a stronger lower body, greater flexibility, straighter posture, and reduced stress. And the dumbbells add knockout arms, shoulders, and back; increased upper-body strength; and stronger bones. Dumbbells used are from 3 – 5 lbs. Followed by 5-10 minutes of relaxation and meditation

STEP & PUMP: A class that combines basic step choreography and resistance training utilizing barbells & other weighted or resistance equipment set in a

SENIOR DANCE CLASS 55+: Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away. This class is intended for individuals 55+.

SPINNING®: Spinning® workout for 40 -50 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 9 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. *We encourage a base of cardiovascular exercise of 3 month prior to starting in a spinning class.



SPINNING® & ABS: workout for 40 minute ride on the indoor cycling bike where the instructor guides you through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories and will be followed by abdominal exercises.

TOTAL BODY CONDITIONING (TBC): Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class. Moderate to High intensity

YS EEP MOUSERCISE: Youth Service's Early Enrichment Program exercise session for kids 3-5 years old. Incorporate aerobic exercise, coordination exercise and fun games, motor skill and aerobic conditioning. Please contact Youth Service for more information on their YS EEP program.

ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.



SALT RIVER HIGH SCHOOL'S GROUP EXERCISE CLASSES:

Classes are provide by Diabetes Program's SR Fitness Center Group Exercise Instructors for Community Member/Residents/Tribal & Enterprise Employees and students. All classes are suitable for all levels of fitness.

ABS, GLUTS & THIGHS: In this class you will conditions your lower body and abdominals with variety of exercise utilizing body weight, resistance bands, and dumbbells to lift and strengthen your core and lower body muscles.



CARDIO KICKBOXING: This class is a non-contact workout that includes both cardio and strength training routines in an energizing environment. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. It incorporates kicks, jabs, hooks and uppercuts to improve overall agility and power. Followed by 5-10 minutes abdominal exercise.

CARDIO MIX: An exciting and challenging combination of low/high aerobics or Cardio Kickboxing, Zumba® or Step Aerobics and may be followed by sculpting/strength training total body & core (bodyweight or with weights).

CIRCUIT TRAINING: This challenging class provides a great workout as you move through a series of stations designed to elevate your heart rate and challenge your muscles. Stations may include body weight exercises, weights, bars, step, resistance band/tubing, etc. All levels of fitness.

HIIT (High Intensity Interval Training): This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Moderate to High intensity.

IRON FLOW YOGA: This class will take you through yoga poses while incorporating the uses of light hand-weights. A slow, flowing workout done to relaxing music. The result: The yoga yields a stronger lower body, greater flexibility, straighter posture, and reduced stress. And the dumbbells add knockout arms, shoulders, and back; increased upper-body strength; and stronger bones. Dumbbells used are from 3 – 5 lbs. Followed by 5-10 minutes of relaxation and meditation.



ZUMBA®: Join the party! Zumba ®combines high-energy and motivating music with unique moves and combinations that allow the Zumba® participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required! A workout mixes body sculpting movements with dance steps derived from cumbia, meringue, salsa, reggaeton, hip hop, mambo, rumba, flamenco, and Salsa. The routines feature aerobic interval training with a combination of fast and slow rhythms. It targets areas such as the gluts, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in that instructors often add on their own music choices and choreographies to make their class presentation locally unique. Lead by licensed Zumba® Fitness Instructor. All levels of fitness.

Fitness Center maybe CLOSED & Group Exercise Classes may be canceled due to designed tribal holidays, program events, shortage of staff, mandatory staff meetings, etc.

